










Maureen Partridge's MEAL & EXERCISE PLAN FOR HEALTHY BONES

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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DESSERT	EXERCISE
MON	 Big Breakfast smoothie - SEE RECIPE	Coffee served with Pauls PhysiCAL milk and a small handful of almonds & brazil nuts	Roasted red capsicum and red lentil soup, served with a wholegrain bread roll & spread & side salad	Carrot sticks with hummus	 Peppered steak with red wine jus & creamy potato bake served with steamed green vegetables - SEE RECIPE	Fresh fruit salad served with Greek yoghurt	Aerobics class (1 hour) including step-ups, lunges, side stepping
TUES	Natural muesli served with Pauls PhysiCAL milk, topped with chopped walnuts & strawberries	Coffee served with Pauls PhysiCAL milk Piece of fresh fruit	Scrambled eggs on wholemeal granary toast with roasted cherry tomatoes & wilted spinach	Latte made with Pauls PhysiCAL milk and a small handful of almonds & brazil nuts	 Healthy veggie packed carbonara with mushrooms & fresh spinach - SEE RECIPE	A few cubes of dark chocolate	Walking (30 minutes)
WED	 Get Up & Goji gym smoothie - SEE RECIPE	Coffee made with Pauls PhysiCAL milk Ricotta cheese on rye biscuit	Feta & baked veggies frittata served with a crunchy salad	Latte made with Pauls PhysiCAL milk Piece of fresh fruit	Chicken, leek & tarragon filo pastry pie served with steamed vegetables		Body pump class (1 hour) including lunging, step exercises and lifting light weights
THUR	Natural muesli served with Pauls PhysiCAL milk & topped with chopped walnuts & fresh fruit	Coffee served with Pauls PhysiCAL milk Piece of fresh fruit	 Crispy corn & zucchini fritters with tomato & avocado salsa - SEE RECIPE	Iced coffee made with Pauls PhysiCAL milk Vegetable batons served with yoghurt & hummus dip	Maureen's creamy fish & green pea chowder	A few cubes of dark chocolate	Walking (30 minutes)
FRI	Wholemeal toast with smashed avocado, poached eggs & roasted cherry tomatoes Latte made with Pauls PhysiCAL milk	Piece of fresh fruit	Roast pumpkin & feta quiche with filo pastry served with a green salad	Coffee served with Pauls PhysiCAL milk	 Crispy skin salmon with salsa verde & creamy mash & steamed greens - SEE RECIPE	Fresh berries with Greek yoghurt	Circuit Class (1 hour) including squats, lunges, light weights, skipping, sit-ups
SAT	Porridge made with Pauls PhysiCAL milk & chopped dates, topped with sliced banana, cinnamon & a drizzle of maple syrup	Coffee served with Pauls PhysiCAL milk Piece of fresh fruit	 Moroccan roasted sweet potato & chicken soup served with wholemeal Lebanese flatbread - SEE RECIPE	Coffee served with Pauls PhysiCAL milk Mashed avocado with a squeeze of lemon on rye biscuit	Warm halloumi salad with roasted vegetable, lentils & mixed green leaves	 MAUREEN'S PICK - The Bridges Favourite Little Raspberry Custards - SEE RECIPE	Gym or Body Balance Class (1 hour) including light jogging, cycling, light weights New Vogue dancing
SUN	 Homemade Pancakes with fresh berries, yoghurt & honey - SEE RECIPE	Latte made with Pauls PhysiCAL milk	Chicken, avocado & rocket sandwich on granary bread	Vegetable batons with yoghurt, chickpea, tahini & lemon dip Coffee served with Pauls PhysiCAL milk	Lean cottage pie with creamy mash topping, served with wilted greens		Walking (30 minutes)